



## Poles for fitness, fun

**SHEMOVES** Pole Dance Fitness Studios offers every woman the chance to get fit and feel sexy while having a ridiculously good time, say owners Britt Bailey-Kerber and Kelly Jay.

Britt said the studio offered “Smoulder and Burn” – an aerobics session combining pole dancing and striptease.

“Classes are designed by women for women, with no restrictions on age, weight or height,” she said.

“You’ll become firmer and more flexible, and learn to see



your body as sensual rather than just functional.”

The studio caters for hen’s nights, offers introductory classes and provides pole dancing classes day and night. Call 9450 2425.